Dr. Thomas Abele, DMD | Delmar Dental Medicine

Delmar Dental Medicine, the office of Dr. Thomas Abele, has been located in the heart of Delmar since 1969. We strive to provide the best dentistry to each patient in a comfortable and relaxed environment. We provide treatment to children, teens and adults. Our dental office prides itself on creating a positive and professional experience for every patient. We cater to our patients needs, educate them and look forward to long-term-dental relationships that help our patients achieve optimal dental health.

In addition to Dr. Abele’s extensive educational background, he is certified in Sedation Dentistry in New York State. Dr. Abele is a member of D.O.C.S (Dental Organization for Concious Sedation) and a Diplomate in the International Congress of Implantologists and the American Society of Osseointegration. Sedation dentistry is primarily for patients who have anxiety during their dental visits or for patients who require a large amount of treatment at one time.

Our office is equipped with the latest advances in dentistry such as 2-D digital x-ray and 3-D Cone-beam x-ray technology. This new technology aids in the proper diagnoses of our patients because the images are clearer and easier to read, while exposing the patient to a minimal amount of radiation.

Dr. Abele’s office provides an array of dental services ranging from preventative care to root canal therapy, oral surgery, cosmetic dentistry and extensive implant cases. Dr. Abele has been doing dental implants for over 30 years. He uses the latest dental implant technology which includes mini implants. This new technology can help patients with dentures by providing them with a better appearance and function of their dentures.

Another unique feature within our office is our in-house dental laboratory that handles all of our dental cases. Our highly qualified technicians work closely with Dr. Abele and each patient. They also handle repairs in a very timely fashion. Our close-knit team caters to our patients’ needs and ensures that each patient is given the time needed.

Delmar Dental Medicine is open Monday-Thursday with early morning and late afternoon appointments. Please feel free to contact our office if you are interested in scheduling an appointment.

344 Delaware Avenue, Delmar | 439.4228 | www.delmardental.com

J. Craig Alexander, DMD | General Dentistry

Enjoy eating again and smile with confidence

Are you missing a tooth or several teeth? Do you have loose dentures? Wish you had your youthful smile again. Tired of having bad breath?

Dr. Alexander has successfully treated many patients with these dental problems by:

• Replacing missing teeth with dental implants and crowns
• Securing dentures with mini implants so they stay in place
• Performing a smile makeover with crowns, bridges or dentures
• Treating dentally-related bad breath with a variety of dental options

A native of East Greenbush, Dr. Alexander is in his 25th year of providing comprehensive dental care at his East Greenbush office. He is a Diplomat of the International Dental Implant Association, Fellow of the International Academy of Mini Dental Implants, and a Master of the Academy of General Dentistry.

Dr. Alexander treats all phases of dentistry including dental implants. He is one of only a few dentists in the Capital District who both place and restore dental implants so your treatment can all be done in our office. He has experience with small diameter (mini) and standard diameter dental implants for replacement of missing teeth with crowns and bridges, and with stabilization of dentures.

Patients have commented: “My dental implants for my dentures make them just like my own teeth. I even eat apples again” and “I didn’t realize my bad breath was from my teeth. Dr. A fixed that and gave me my old smile back!” And a family member observed: “Thank you for giving my husband a new front tooth. Thanks for helping him look nice again.”

We treat all of our patients like friends and neighbors. Treatment is provided in a non-rushed atmosphere. Our office is conveniently located with ample parking and easy handicapp accessibility. We take our time to provide the highest quality care and stand behind all our dental work provided. Please check our website site at www.jcraigalexandermd.com or scan our QR code. Just call us for a free consultation: 477.1008.

We can tell you how dental implants can make a difference in your life. We can do that smile makeover you’ve been thinking about.

739 Columbia Turnpike, East Greenbush | 477.1008 | www.jcraigalexanderdmd.com
If there is one thing that drives me in life, it is the passion to make a real difference—to NOT be a hand-holder therapist, but to deeply help my clients transform their struggles and pain into positive change and healthy habits,” observed Dr. Randy Cale. “To do so, it is my experience that you must not take the easy road or allow your work to ever become repetitive, but rather you must choose the ‘road less traveled.’"

For Dr. Cale, this translates to an ongoing passion for continued development and expansion of the tools that help his clients. It means that learning and growing is a constant evolution in which he continues to add skills and distinctions that improve the quality of his clinical work.

While many parents know Dr. Cale for his work in helping parents and children with behavioral and emotional issues, this represents only a portion of his practice. He also works directly with adolescents and adults in breaking a wide range of negative habits and thinking patterns.

Many clients are surprised to learn that the adult brain is still quite flexible, and that REAL change is possible. For example, most patterns of anxiety, depression and anger can be viewed as automatic processes over which we seem to have no control. Yet, upon discovering that there is a way to interrupt these patterns, change then becomes inevitable and exciting,” explained Dr. Cale. "While pharmaceutical solutions are tempting and sometimes essential, the overwhelming tendency of our culture is to take this easy road. This is one choice, but it does come with consequences; some obvious and some less obvious, but yet inevitable.”

Dr. Cale also is interested in the various means by which habits shape one’s future. “In many ways, we do not shape our destiny, but our habits do. While some habits have obvious negative consequences (overeating, substance use), other habits take a less obvious, but painful toll on our futures (procrastination, over-reaction, too much TV). Small changes in habits today can reap huge rewards down the road.”

Dr. Cale concluded, “Call me. I will chat with anyone, and we can see if this is a good fit for you or your family.” You can reach Dr. Cale at his office in Clifton Park at 383.0600 or visit www.DrRandyCale.com.

Dr. Randy Cale

Clifton Park | 383.0600 | www.drrandycale.com

Dr. Russell Cecil | St. Mary’s Healthcare

Dr. Russell Cecil is a former fellow in Orthopedics and Surgery at Harvard University Medical School. He received his B.A. from Yale University and his M.D., PhD. from Cornell University Medical College. He has lectured in his areas of expertise around the United States. Dr. Cecil has a special interest in partial and total knee replacement surgery.

Dr. Cecil maintains his practice at Mohawk Valley Orthopedics in Amsterdam and Johnstown; he performs surgery at St. Mary’s Healthcare in Amsterdam. St. Mary’s has been awarded a five-star rating by Healthgrades for Orthopedic Excellence 2014-2015. For more information or to schedule a consultation, please call 842.2663.

St. Mary’s Healthcare features an award-winning acute care hospital, primary and specialty care centers throughout Fulton and Montgomery counties, more than 30 behavioral health services for persons in Fulton, Montgomery and Hamilton counties, a full continuum of physical rehabilitation services and a 160-bed nursing home. The organization has earned exceptional national rankings for excellence in medicine and has a continuing commitment to provide an exceptional patient experience.

For more information about St. Mary’s Healthcare, call 842.1900 or visit us online at www.smha.org. To stay connected to St. Mary’s, follow us on our Facebook, www.facebook.com/smha.org. St. Mary’s Healthcare is a member of Ascension Health, the largest not-for-profit Catholic healthcare network in the world.

427 Guy Park Avenue | Amsterdam | 842.2663 | www.smha.org
When a physical condition or injury affects mobility or quality of life, there is one goal: Rapid return to everyday activity. Albany Podiatry prides itself on offering the latest in technological advancements, including cutting-edge laser therapy. Laser therapy can provide relief from both chronic and acute ailments, as it rapidly reduces pain, decreases inflammation, and expedites healing. Albany Podiatry also offers shockwave therapy, vascular testing, digital x-rays, and a state-of-the-art scanner with true 3-D precision for custom-made foot orthotics. The practice is a provider of the KeryFlex nail restoration system—a revolutionary procedure for the immediate restoration of damaged, cracked, or fungal nails. Albany Podiatry’s continued investment in progressive treatment options allows the practice to meet patients’ needs with the highest levels of care possible.

Dr. Mark Friedman provides comprehensive podiatric care for patients of all ages, treating heel and arch pain, plantar fasciitis, bunions, and hammertoes. He also treats neuromas, ingrown toe nails, fungal nails, plantar warts, corns, and calluses.

Dr. Friedman has a special interest in treating patients with diabetes. He works directly with diabetic patients’ medical teams to offer preventative care, wound care, and surgery when necessary. Dr. Friedman takes a proactive approach, performing a simple screening test for peripheral neuropathy that can ultimately save limbs.

Serving the Capital District for 16 years, Dr. Friedman received his undergraduate degree from the State University of New York at Buffalo and attended Temple University School of Podiatric Medicine. Dr. Friedman completed his residency at the Veterans Affairs Medical Center in Kansas City, Missouri, and is former president of the Northeast Division of the American Podiatric Medical Association. He is a board-certified Fellow of the American College of Foot and Ankle Surgeons and is on staff at Albany Memorial Hospital. Dr. Friedman regularly attends medical education meetings to ensure patients are receiving the highest and most advanced level of podiatric care.

Albany Podiatry is located directly behind Stuyvesant Plaza. Dr. Friedman and his associate Dr. Doug Mason welcome new patients.

Dr. Mark Friedman, DPM | Albany Podiatry
6 Executive Park, Albany | 482.4321 | www.albanypodiatry.com

Dr. Ronald R. Marsh was born and raised in Amsterdam. He received his medical degree from Georgetown University School of Medicine in Washington, DC. He completed an internship in general surgery at Millard Fillmore Hospital in Buffalo and his residency in surgery at SUNY Buffalo. He earned his Bachelor of Science degree from Siena College. He is board-certified in General Surgery by the American Board of Surgery and a Fellow of the American College of Surgeons. Dr. Marsh maintains his private practice in general surgery in Amsterdam; he is currently performing surgery on the da Vinci Xi Surgical System, the most advanced da Vinci system in the world, at St. Mary’s Healthcare in Amsterdam. For more information, please call 843.6914.

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Dr. Ronald R. Marsh | St. Mary’s Healthcare
427 Guy Park Avenue | Amsterdam | 843.6914 | www.smha.org
Dr. Tejas R. Pandya | Capital District Podiatry

On a daily basis Dr. Tejas R. Pandya sees patients suffering from foot pain. This, he says, is something no one should live with. His practice has simple solutions to help address your foot problems.

He has written two books that are free to you that will discuss foot health. Request them by visiting his web sites at: www.capitaldistrictpodiatry.com or www.footlaserofcapitaldistrictny.com or www.heelpaincenterofny.com.

A board-certified podiatrist specializing in the treatment of simple and complex foot conditions, he sees patients of all ages from infants to the elderly for types of conditions, such as ingrown toenails, fungal toenails, heel pain, bone spurs, diabetic foot care, bunions, hammer toes, foot tumors, fractures and neuromas.

Dr. Pandya graduated from Siena College in Loudonville and went on to study Podiatry Medicine and Surgery at the New York College of Podiatric Medicine in Manhattan. He then completed a surgical residency in foot surgery at Little Falls Hospital in Little Falls NY. He serves as the vice president for the New York State Podiatric Association-Northeast Chapter and is a Diplomate of the American Board of Podiatry Surgery and American Board of Multiple Specialties in Podiatric Medicine and Surgery, Hyperbaric Medicine Certified.

Dr. Pandya is accepting new patients at his Troy and Clifton Park offices at 763 Hoosick Street, Troy, and 1 Tallow Wood Drive, Suite 7, Clifton Park. For more information call 273.0053 or visit www.capitaldistrictpodiatry.com; www.footlaserofcapitaldistrictny.com; or www.heelpaincenterofny.com.

Dr. Gerald Ortiz | St. Mary’s Healthcare

Dr. Gerald Ortiz is a graduate of Cornell University Medical College. He completed his Orthopedic Surgery Residency at the LAC/USC Medical Center and won a prestigious Sports Medicine Fellowship at the world-renowned Kerlan-Jobe Clinic in Inglewood California. He has worked as the Assistant Team Physician for the L.A. Lakers, Rams, Kings and Dodgers. He has a special interest in Sports Medicine, working closely with the Athletic Training Team at St. Mary’s Healthcare, Amsterdam.

Dr. Ortiz maintains his own practice at Mohawk Valley Orthopedics in Amsterdam and Johnstown; he performs surgery at St. Mary’s in Amsterdam. St. Mary’s has been awarded a five-star rating by Healthgrades for Orthopedic Excellence 2014-2015. To schedule a consultation or appointment, please call 842.2663.

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427 Guy Park Avenue | Amsterdam | 842.2663 | www.smha.org
Dr. Heidi Puc | The Stram Center for Integrative Medicine

Dr. Heidi Puc is a board-certified hematologist/medical oncologist who also is a Diplomate of the American Board of Integrative Holistic Medicine. She completed internal medicine residency training at The New York Hospital/Cornell University and hematology/medical oncology fellowship training at Memorial Sloan Kettering Cancer Center in NYC. She has worked in private practice adult hematology and oncology in Syracuse for the last 20 years and since 2010 has incorporated natural healing and wellness approaches including IV Vitamin C Therapy and natural wellness consultation. Her interest in natural remedies grew after her personal experience of self-healing through meditation, Reiki, and other energy healing modalities, so she sought out specialty training in integrative medicine to bring more holistic care to her patients.

As Dr. Puc explains, “My passion and goal is to serve as the bridge between conventional medicine and natural ways of healing through nutrition, exercise, herbal supplements, and energetic healing in an integrative approach—to be the catalyst for my patients’ own healing.” She is excited and honored to be joining The Stram Center for Integrative Medicine in Delmar this October, where she will provide integrative oncology and medical consultative services. Dr. Puc will serve as a partner to patients and conventional medical oncology practitioners in helping to navigate traditional therapies such as chemotherapy and/or radiation therapy with integrative oncology options. In addition, Dr. Puc will work closely with Dr. Stram in the management of Lyme disease.

Dr. Puc adds, “We need to move from a disease-management system to one of ‘whole person’ medicine, tending to the body, mind, and spirit. The beauty of integrative medicine is that it encourages a person’s own healing capacity, which is very empowering for them.”

Hippocrates knew this truth centuries ago when he said, “It is more important to know what sort of a person has a disease than to know what sort of disease a person has.”

Dr. Puc is currently accepting appointments for patients for October 2015.


Dana Salgado OD, PC | Eye Wear and Eye Care

Dr. Dana Salgado has opened the newest optometry practice in the Capital District. She is passionate about providing the highest quality eye care, while maintaining a personalized level of service to all of her patients.

Trained at the New England College of Optometry and board certified, Dr. Salgado spent the last nine years working locally, most recently at the Ophthalmic Consultants of the Capital Region. Dr. Salgado has honed her skills as a medical optometrist, providing both routine eye exams and contact lens fits, as well as specializing in more complex eye problems and diseases. She has expertise in the diagnosis and treatment of dry eye disease.

With all of her experience Dr. Salgado, can provide complete vision care including exams, glasses and contact lenses for the entire family. Dr. Salgado is a member of both the New York State and American Optometric associations and Vision Source. She is bilingual and speaks Spanish fluently.

Dana Salgado OD, Eye Wear and Eye Care has two convenient locations located in Albany and Chatham NY. Each is fully equipped with the most up-to-date technology, providing state-of-the-art facilities to ensure the utmost quality exam. The office features designer frames from MODO, KLIK, FYSH, Taylor Madison, Ray Ban, Calvin Klein, DKNY, Nine West, Nike, Ralph Lauren and many affordable polarized sunglasses.

Dr. Salgado and Tara Gibeault, her NYS licensed optician, would be thrilled to assist you with your vision needs. The office accepts most insurance plans and provides highly competitive pricing for contact lenses and glasses and will fill outside prescriptions. Please feel free to visit the office and browse the wide selection of frames or to schedule an appointment.

1692 Central Avenue, Albany | 869.2560 • 5 Hudson Avenue, Chatham | 392.4020
Dr. Jian Shen | St. Mary’s Healthcare

Dr. Jian Shen is fellowship-trained in spine surgery, specializing in full spectrum minimally invasive and complex spine surgery. Dr. Shen is well versed in non-operative (including spinal injections) and operative treatment of all spine conditions of patients of all ages, including disc herniation, spinal stenosis, spinal deformities (such as scoliosis, spondylolisthesis, and kyphosis), traumatic injuries, tumors, infections, and failed spine syndrome throughout the entire spine from the neck to the low back.

Dr. Shen’s main expertise has been on minimally invasive decompression/fusion surgery, endoscopic surgery, complex deformity/scoliosis and robotically-guided spine surgery. Dr. Shen maintains his practice at Mohawk Valley Orthopedics in Amsterdam and Johnstown; he performs nationally recognized surgery on the Mazor Robotic Surgical System at St. Mary’s Healthcare in Amsterdam. St. Mary’s Healthcare received a five-star rating for Spinal Fusion Surgery from Healthgrades in 2015. For more information about orthopedic spine surgery at St. Mary’s or to schedule a consultation or appointment, please call 842.2663 or visit www.chooseStMarys.com.

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Dr. Ryan Walker | St. Mary’s Healthcare

Dr. Ryan Walker received his medical degree from the American University of the Caribbean School of Medicine in Saint Maarten. He earned his Bachelor of Science degree from Ithaca College School of Health Science and Human Performance.

Dr. Walker joined the general surgery practice of Dr. Ronald Marsh in 2013 and serves as an attending general surgeon at St. Mary’s Healthcare, Amsterdam. With the support of the St. Mary’s staff and technology, Dr. Walker is currently performing minimally invasive general surgery using the da Vinci Xi robotic surgical system. This extension of the physician’s hands is the most advanced da Vinci system in the world. For more information, please call 843.6914.

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Men and women of all ages retain the burning desire to look as vibrant and young as they feel! Those over age 50 account for over 30 percent of the cosmetic procedures done. So if you choose to have cosmetic facial and body enhancement, you are certainly not alone. Our patients tell us that investing in their appearance was the most important and valuable investment that they made.

You can look 5 or 10 years younger without surgery. As the Capital District’s only New Beauty Magazine certified “Expert Injector” (visit www.expertinjector.org), Dr. Yarinsky is specially trained and experienced. He personally provides your injectable treatments such as Botox® Cosmetic injection for wrinkle reduction and facial fillers to reduce lines and folds and to restore volume to the face and lips. We offer Ultherapy®, a non-surgery ultrasound treatment that helps to lift, tone and tighten the skin in the face, neckline and décolletage in a natural gradual way with no downtime. Our new Excel-V™ Laser erases visible capillaries, veins, pigmented lesions and other signs of aging. TruSculpt®, a breakthrough nonsurgical fat removal treatment, is available only at Dr. Yarinsky’s office. With several TruSculpt treatments you can be on your way to a new body shape with no downtime.

The top cosmetic surgical procedures for women are breast augmentation and lift, tummy tucks, liposuction fat removal, facial enhancement including eyelid, face, neck and forehead lifts, and nose reshaping. Men are more frequently seeking cosmetic enhancement.

All cosmetic procedures are done with safety, privacy, convenience and comfort right at our Joint Commission-accredited office facility. We provide exceptional service and personalized care to achieve natural-appearing beautiful results. Invest in yourself this year, because if you look and feel your best, you’ll be more productive, confident and lead a more rewarding and fulfilled life! Call us today.

Visit Steven Yarinsky, MD, FACS, at his web site at www.yarinsky.com and in person by calling weekdays for a consultation at 583.4019.